Reducing Anxiety in the Classroom: Tools and Strategies for Families and Educators

With Corliss Gillespie, LPC , Happy Minds Counseling

Monday, February 5, 2018

6:30-8:30 PM at FFF offices, 4031 University Dr., Fairfax

Join Formed Families Forward to fill your toolbox with strategies for reducing your child's anxiety in the classroom. **Corliss Gillespie, LPC**, with Happy Minds Counseling and Consulting, will provide parenting tips and ideas for your child's individualized education program to maximize academic success for children with anxiety and to make their time in the classroom more enjoyable. Participants will learn how to have a conversation about your child's anxiety with teachers and counselors, as well as relaxation techniques your child can use in the classroom. Participants will also learn to recognize and prepare for times of high stress and to prevent meltdowns at school.

Corliss Gillespie is a Licensed Professional Counselor in private practice and has worked with children and adolescents for the past 14 years. She works primarily with youth who experience issues with anger, anxiety and ADHD.

Session is FREE; please register at www.FormedFamiliesForward.org
or call 703-539-2904 to let us know you are coming!

Open to all parents, caregivers, and professionals, though content will address issues of particular relevance to foster, adoptive and kinship families. We offer training and support to foster, adoptive and kinship families raising children and youth with special needs. Older teens and young adults are welcome to attend. Please note child care for younger children is not available.